

# June 2019

## The Colony Senior/Community Center

5151 N Colony Blvd  
The Colony, TX 75056  
972-624-2246

### Hours of Operation

Monday 8:00a—3:00p  
Tuesday 8:00a—3:00p  
6:00p—10:00p  
Wednesday 8:00a—3:00p  
Thursday 8:00a—3:00p  
Friday 8:00a—3:00p  
Saturday 10:00a—2:00p

The Colony Community Center is a membership facility. The first visit is free. After the first visit, you must join to attend the Community/Senior Center.

**Please remember to scan your ID card when entering the building.**

Resident \$10/yr  
Non-Resident \$20/yr  
Non-Members \$2/day

### Sympathy Cards

Doris Mills—Brother-in-law

### Get Well Cards

Everett Floyd  
Lyle Licht  
Louise Hamilton

### Food Drive

The local food banks are constantly needing food to fulfill the demand. Please donate non-perishable items.

### Veterans Services

Denton County Veteran Services Office  
5533 FM 423, Suite 801, Frisco, TX  
Free veterans services are available each Friday from 8:00am to 10:00am.


### SPAN—a Denton County Program

#### Meals

Call 24 hours in advance for daily lunches at the Community Center, 972-624-2247.

#### Transportation

For information call 940-382-1900.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>May 27</b> <i>Center Closed</i></p> 	<p><b>May 28</b> 42 Dominoes 9:00—Noon Hand &amp; Foot 9:00a Crochet &amp; Knit 9:30a &amp; 6:00p Guitar Lessons 10:00a &amp; 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' &amp; Grinnin' 1:15—2:45p Wasabi &amp; Wok 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p><b>May 29</b> AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin &amp; Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>May 30</b> Hand &amp; Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a Yoga in a Chair 11:15a-12:00p</p> <p>42 dominos 12:00—3:00p Ageless Grace Exercise 12:15p Line Dance 1:00—2:30p</p>	<p><b>May 31</b> Hand &amp; Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Birthday Covered Dish 12:00p</p> <p>Tai Chi to Video 1:00—2:00p</p>	<p><b>1</b> Game Day 10:00a—2:00p Crochet 10:00a — 2:00p Garden Club 10:30a—12:30p Band Jam 12:00p</p> <hr/> <p><b>2 Sun</b> Lone Star Park 12:45—7:00pm</p>
<p><b>3</b> Hand &amp; Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p Cruise Info Meeting 2:00p</p>	<p><b>4</b> 42 Dominoes 9:00—Noon Hand &amp; Foot 9:00a Crochet &amp; Knit 9:30a &amp; 6:00p Guitar Lessons 10:00a &amp; 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' &amp; Grinnin' 1:15—2:45p Cheddars 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p><b>5</b> AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin &amp; Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>6</b> Hand &amp; Foot 9:00a Bunco 10:00a - 11:30a Yoga in a Chair 11:15a-12:00p</p> <p>42 dominos 12:00—3:00p Ageless Grace Exercise 12:15p National Donut Day 12:30pm Line Dance 1:00—2:30p</p>	<p><b>7</b> Hand &amp; Foot 9:00a in Poker Rm Euchre 9:00a in Poker Room AFEP Exercise 9:15at Rec Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p</p> <p>Bingo sales 6:00p Game 6:30p</p>	<p><b>8</b> Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Band Jam 12:00p</p>
<p><b>10</b> Hand &amp; Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a Lunch &amp; Learn 11:45am by Area Agency on Aging Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>11</b> 42 Dominoes 9:00—Noon Hand &amp; Foot 9:00a Crochet &amp; Knit 9:30a &amp; 6:00p Guitar Lessons 10:00a &amp; 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' &amp; Grinnin' 1:15—2:45p Shaka Hawaiian BBQ 4:30p Game Night 6:00—10:00 Origami 6:30—8:30p Photography 7:00—8:00p</p>	<p><b>12</b> AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin &amp; Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>13</b> Hand &amp; Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a Yoga in a Chair 11:15a-12:00p Lunch &amp; Learn 11:45am by Banker's Life 42 dominos 12:00—3:00p Ageless Grace Exercise 12:15p Line Dance 1:00—2:30p Dinner Out Wasabi Wok 5:30p</p>	<p><b>14</b> Hand &amp; Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:30p Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p</p> <p>Tai Chi to Video 1:00—2:00p</p> <p>Covered Dish 6:30p</p>	<p><b>15</b> Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Garden Club 10:30a—12:30p</p> <p>Band Jam 12:00p</p>
<p><b>17</b> Hand &amp; Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>18</b> 42 Dominoes 9:00—Noon Hand &amp; Foot 9:00a Crochet &amp; Knit 9:30a &amp; 6:00p Guitar Lessons 10:00a &amp; 6:30p BPBS Check 10:00a Benefits Counseling 10:00a Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' &amp; Grinnin' 1:15—2:45p Abuelo's 4:30 Game Night 6:00—10:00p</p>	<p><b>19</b> AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-12:00p Time w/Tail Waggers 10:00-11:00a Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin &amp; Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>20</b> Hand &amp; Foot 9:00a Bunco 10:00a - 11:30a Book Club 10:00—11:00a</p> <p>Yoga in a Chair 11:15a-12:00p 42 dominos 12:00—3:00p Ageless Grace Exercise 12:15p Line Dance 1:00—2:30p</p>	<p><b>21</b> Hand &amp; Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:45p Caregiver Support Group 10:15a Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p Tai Chi to Video 1:00—2:00p</p> <p>Bingo sales 6:00p Game 6:30p</p>	<p><b>22</b> Game Day 10:00a — 2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Band Jam 12:00p</p>
<p><b>24</b> 501(c)3 Board Meeting—9:00a Hand &amp; Foot 9:00a AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Line Dance 10:00—11:30a Yahtzee 10:00—11:30a Chair Volleyball 10:45—11:45a</p> <p>Texas Hold'em 12:00—3:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>25</b> 42 Dominoes 9:00—Noon Hand &amp; Foot 9:00a Crochet &amp; Knit 9:30a &amp; 6:00p Guitar Lessons 10:00a &amp; 6:30p Yoga in a Chair 12:00—12:45p Genealogy 12:15—1:15p Ageless Grace Exercise 12:45p Pickin' &amp; Grinnin' 1:15—2:45p Amore 4:30p Game Night 6:00—10:00p Origami 6:30—8:30p</p>	<p><b>26</b> AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Quilting Group 10:00a-11:30a Chair Volleyball 10:45—11:45a</p> <p>Wooly Wed Spinners 11:00a Coin &amp; Stamp Collectors-12:00p Tai Chi Beginner 12:30—1:15p Tai Chi 1:00—2:00p</p>	<p><b>27</b> Hand &amp; Foot 9:00a Bingo card sales at 9:15a Bingo game 10:00a Yoga in a Chair 11:15a-12:00p Lunch &amp; Learn 11:45am by Precision Dermatology 42 dominos 12:00—3:00p Ageless Grace Exercise 12:15p Line Dance 1:00—2:30p</p>	<p><b>28</b> Hand &amp; Foot 9:00a Euchre 9:00a—Noon AFEP Exercise 9:15—10:00a Walk Strong 10:00—10:45a Adv Line Dance 10:00—11:30a Chair Volleyball 10:45—11:45a Guitar Lessons 11:00—12:00p</p> <p>Birthday Covered Dish 12:00p Tai Chi to Video 1:00—2:00p</p>	<p><b>29</b> Game Day 10:00a—2:00p</p> <p>Crochet 10:00a — 2:00p</p> <p>Band Jam 12:00p</p>

## Clubs & Groups

<b>Band Jam</b>	Sat	12:00pm
<b>Book Club</b>	3rd Thu	10:00am
<b>Caregiver Support Group</b>	3rd Fri	10:15am
<b>Coin/Stamp Collectors</b>	Wed	12:00pm
<b>Crochet/Knit</b>	Tue	9:30am
	Tue	6:00pm
	Sat	10:00am
<b>Garden Club</b>	1st & 3rd Sat	10:30am
<b>Guitar</b>	Tue	10:00am
	Tue	6:30pm
	Fri	11:00am
<b>Origami</b>	Tue	6:30pm
<b>Pickin' &amp; Grinnin'</b>	Tue	1:15pm
<b>Quilters</b>	Wed	10:00am
<b>Quilt Guild</b>	3rd Wed	7:00pm
<b>Wooly Wednesdays Spinners</b>	Wed	11:00am
<b>Garden Club</b>	1 & 3 Sat	11:00am

## Fitness Activities

<b>Ageless Grace</b>	12:45—1:15 pm	Tuesday
	12:15—12:45pm	Thursday
A fun-filled, brain health and fitness program		
<b>AFEP</b>	9:15—10:00am	M-W-F
Arthritis Foundation Exercise Program is designed to help with arthritis, range of motion & balance.		
<b>Walk Strong-Video</b>	10:00—10:45am	M-W-F
<b>Chair Volleyball</b>	10:45—11:45am	M-W-F
<b>Line Dance</b>		
<b>Beginner</b>	10:00—11:30am	Monday
<b>Intermediate</b>	1:00—2:30pm	Thursday
<b>Advanced</b>	10:00—11:45am	Friday
<b>Chair Yoga-Video</b>	12:00—12:45pm	Tuesday
	11:15am—12pm	Thursday
<b>Tai Chi for Arthritis</b>		
<b>Beginner</b>	12:30—1:15pm	Mon & Wed
<b>Intermediate</b>	1:00—2:00pm	Mon & Wed
<b>Video Class</b>	1:00—2:00pm	Fridays
Tai Chi -slow, gentle exercise to improve movement/balance.		
<b>Fitness Center</b>		
Located inside the Recreation Center, the Fitness Center is open to all Community Center members.		
Hours: Monday—Friday 6:30am—9:00pm		
	Saturday	8:30am—6:00pm



### Coming This Summer

July 18	<b>Book Club</b>	10:00—11:00am	Thu	Free
	<i>Killing the Rising Sun</i> by Bill O'Reilly and Martin Dugard			
July 19	<b>National Ice Cream Day</b>	11:45am—1:15pm	Fri	Free
July 21	<b>Seven Brides for Seven Brothers</b>	1:30pm — 6:30pm	Sun	\$34
Aug 14	<b>Hello Dolly!</b>	6:30pm — 10:00pm	Wed	TBD
Aug 15	<b>Book Club</b>	10:00 — 11:00am	Thu	Free
	<i>How Hard Can It Be?</i> By Allison Pearson			
Aug 16	<b>National Tell A Joke Day</b>	11:45 — 1:15pm	Fri	Free
Aug 30	<b>Hootenanny</b>	4:30 — 7:30pm	Fri	\$5

### Follow us on Facebook!



The Colony Parks & Recreation Department Facebook page is now featuring some of our senior activities. Amy will be posting something each week about upcoming events. Follow us to see events and activities happening at the center you may enjoy every week!

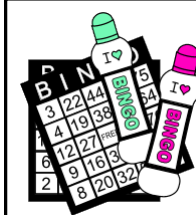
### Benefits Counseling

Third Tuesday of each Month  
by North Central Texas Area Agency on Aging  
Call 972-624-2246 for appointment.



# The Colony Community/Senior Center

June 2019



### Bingo

Friday	June 7	6:30pm
Thursday	June 13	10:00am
Friday	June 21	6:30pm
Thursday	June 27	10:00am

Card sales start 30 minutes prior to game—\$3.

### Volunteer of the Month

**Evelyn Robinson**

Evelyn asked one day if it would be ok for her to clean the computer lab once a week. Of course we said YES! Thank you!! Since then, you can find Evelyn singing and dancing in the lab while she dusts and cleans. She has also helped us "cut and fold" our handouts as needed. Please give Evelyn a big "THANK YOU!" when you see her.



## Lunch & Learn

### Lunch & Learns

11:45am  
Sign-up at Front Desk

Thursday	June 13	BankersLife
<i>"Surviving Retirement and Long Term Care Insurance"</i>		
Monday	June 17	Area Agency on Aging
<i>"Your Medicare number is Worth \$40,000—to Scammers!"</i>		
Thursday	June 27	Precision Dermatology
<i>"Skin Cancer and Sun Protection"</i>		

### Royal Caribbean Liberty of the Seas

Grand Cayman, Jamaica & Cozumel

Feb 23—Mar 1, 2020

Deposit	\$ 250 + Insurance/person
Inside	\$ 939 Double/person
Ocean View	\$1059 Double/person
Spacious Balcony	\$1359 Double/person

Includes: Cruise, port charges, taxes, round trip shuttle from The Colony, tips for bus driver and baggage handling. Fully refundable until 11/8/19.

Register soon! When cabins are gone, they're gone!

### Trip Information Meeting

Monday, June 3rd at 2:00pm

Sign-up at Front Desk or call 972-624-2246



### Lone Star Park

Sunday, June 2  
12:30pm—7:00pm



Ticket price includes inside counter seating, program and burger basket. Sign up and pay as soon as possible. Tickets cannot be purchased until all have paid.



### National Donut Day

Thursday, June 6  
12:30—2:00pm

Celebrate National Donut Day with fresh donuts for dessert, coffee and a fun 'Get-To-Know-You' game!

### Annual Food Drive



We are accepting donations for our annual drive to help feed hungry school age children during the summer. Pick-up a list of items needed at the front desk.



### Book Club

*Where The Crawdads Sing*  
by Delia Owens  
Thursday, June 20  
10:00am—11:00am

### Mama Mia! \$34

Sunday, June 23rd  
1:30—6:30pm

GIMME GIMME GIMME one last chance to see *Mamma Mia!* The sunny funny tale is inspired by the music of ABBA. Registration includes transportation and ticket.



### Time w/Tail Waggers Wed, June 19 at 10:00am

Pets offer health benefits, like lowering cholesterol levels & helping with depression and anxiety. The Colony Animal Services serve the citizens and pets of The Colony! Join us on the back patio to meet their team, and spend a little time with some adorable Tail Waggers!